

Cooking with YOGURT

OLWEN WOODIER



A Storey Country Wisdom Bulletin

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by Olwen Woodier

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Introduction

Yogurt has been eaten since Neolithic times. First discovered by nomadic herdsmen in the Middle East, yogurt probably owes its accidental inventions to a day when milk, stored in goatskin bags or clay pots, curdled and thickened in the hot summer climate.

For centuries, yogurt has been touted as “the milk of eternal life” and “immortal nectar,” said to possess exceptional medicinal properties and powers of longevity. Indeed, at the beginning of the twentieth century, Nobel-prize winner Elie Metchnikoff claimed that the Bulgarians owed their healthy life span of 100 or more years to their daily intake of 2 to 3 quarts of yogurt.

Although claims to longevity have never been proven, many medical practitioners believe that yogurt may lower cholesterol levels in the blood and, by maintaining a necessary balance of bacteria in the intestines, helps to prevent diarrhea and constipation. Moreover, people who cannot tolerate fresh milk because they lack the digestive enzyme lactase, which breaks down milk sugar (lactose), can eat yogurt without discomfort. This is due to the particular strains of bacteria present in yogurt, which, as they multiply during the fermentation process, convert most of the lactose into lactic acid.

Yogurt can play an important supplementary role in helping you maintain good nutrition during pregnancy and when dieting. Not only is yogurt easy to digest, but its thick, custardlike consistency seems to satisfy more than a glass of milk. But it is important to remember that yogurt is no more nutritious than the milk from which it is made. Most commercial yogurts are made from skim milk with milk solids added. This means that most 1-cup containers of plain yogurt contain about 132 calories, 1.5 grams of fat, 9.9 grams of protein, and 19.7 grams of carbohydrates. Like milk, yogurt is also a good source of vitamins A, C, D, and B (riboflavin, thiamine, and niacin); calcium; phosphorus; and potassium. Anyone on a low-salt diet should note that the sodium content is approximately 120 mgs. per cup of plain yogurt. For this reason, none of the recipes in this bulletin calls for extra salt.

The nutritional value of yogurt remains about the same during cooking, however the heat destroys the healthy bacteria. Freezing

also destroys the desirable bacteria. The first freezing may cause no harm. The problem arises when frozen yogurt thaws and is then refrozen, causing large ice crystals to form, which destroy the bacteria. If yogurt is incubated for too long (over 20 hours) the living bacteria will not survive; the result is not yogurt, but a super-sour custard.

Yogurt keeps for several weeks under refrigeration; however, by the end of the fourth week, it will taste unpleasantly sour, and the living bacteria will have started to break down. By the time the eighth week arrives, the active bacteria will be seriously diluted, and the flavor will be totally unpalatable.

So if you are eating yogurt because you cannot digest milk, or because you want the beneficial bacteria in your system, you should make sure that your yogurt is as fresh as possible and contains active cultures. How can you ensure this? Why, make your own.

Ingredients for Making Your Own Yogurt

It may be possible to buy good commercial yogurt; but once you have made your own, never again will you be satisfied with store-bought. Yours will be deliciously fresh and free from additives — preservatives, dyes, or stabilizers (such as gelatin, pectin, cornstarch, vegetable gums, or carrageenan). Homemade yogurt is also 65 to 70 percent cheaper. If this hasn't convinced you that it is more rewarding to make your own, let me mention that yogurt takes no more than 15 minutes to prepare, and the 3-hour to 4-hour fermenting time needs little or no supervision.

To make yogurt, certain beneficial active bacteria must be mixed with *warm milk* and kept at a constant temperature for several hours until coagulation takes place. These active bacteria are called the *starter* or culture. *Non-fat milk solids* are often added to create a thicker consistency and to increase the protein content. *Sweeteners* may be added before or after fermentation time.

Comparing Dairy Products

Product	Calories/Cup	Cost/Cup
Homemade Yogurt (containing $\frac{1}{3}$ cup non-fat dried milk per quart)		
Skim milk	82	\$0.10
Low-fat milk	122	0.12
Whole milk	189	0.18
Evaporated milk	166	0.16
Evaporated plus whole milk	245	0.24
Commercial Yogurt		
Low-fat plain or "natural"	45	0.45
Fruit-flavored	260	0.53
"Diet" fruit-flavored	37	0.37
Cream Cheese	840	
Cottage Cheese		
Small curd	234	
Small curd with fruit	281	
Low-Fat	163	
Low-fat with fruit	196	

Mayonaise	1616
Sour Cream	454
Vanilla Ice Cream	459
Vanilla Ice Milk	318

Milk

You can vary the taste of your yogurt by using whole, evaporated, skim, low-fat, pasteurized, or raw milk. You can also use the milk of sheep or goats. Whichever type of milk you choose, make sure it is absolutely fresh. “Ripe” milk will produce a sour yogurt.

If calories are not important, instant non-fat dried milk, half-and-half, or heavy cream can be added to give a thicker, creamier texture. Or you can make yogurt from reconstituted (fat-free) milk powder. All of the yogurt recipes in this bulletin have $\frac{1}{3}$ cup of instant, non-fat dried milk per quart added. This adds an extra 20 calories per cup of yogurt and can be eliminated if the caloric content is more important than texture.

The Starter

The starter can make quite a significant difference in the quality and flavor of your yogurt. For your first homemade try, purchase a special culture powder such as Original Bulgaria Yogurt Culture, or Yóourmet, both Canadian imports found in the dairy section of some supermarkets or at health-food stores. Or use unpasteurized “plain” commercial yogurt (which was made from pasteurized milk). Once you have made your own yogurt, you can then save some to start the next batch. You will use 1 rounded tablespoon per quart of milk.

After using your homemade starter for 4 to 6 batches, you may notice a deterioration in both the flavor and texture. This is the time to reintroduce a fresh starter. However, if you make yogurt every day or so, the starter can be kept going because the bacteria will feed on the fresh milk sugar, which it needs if it is to survive indefinitely.

Sweeteners

Homemade yogurt can be made as sweet or as tart as you like, simply by adjusting the fermentation time. When the natural sweet flavor fails to satisfy, experiment with sweeteners — honey, malt, molasses, maple sugar, maple syrup, preserves, corn syrup, brown sugar, fructose, dextrose, and artificial and dietetic sweeteners.

Equipment for Making Yogurt

Not much is required for making yogurt. You can buy yogurt-making machines that will keep your yogurt at the steady warm temperature that is best for incubating. But you can easily improvise. Here is what you will need.

- candy thermometer (or yogurt spoon thermometer supplied with yogurt makers)
- 1½-quart to 2-quart saucepan
- measuring spoons
- large jug or bowl for mixing
- wire whisk
- various containers with lids: glass or porcelain jars; stainless steel, enamel, or porcelain bowls

Unless your equipment is sterilized, there may be some undesirable bacteria present, which can destroy your yogurt culture. I usually run my utensils through a dishwasher cycle (if they are clean, the rinse cycle is adequate) just before I begin to heat the milk. That way, the utensils are prewarmed, and I know that my equipment is absolutely clean. An alternative is to immerse the utensils for 1 minute in a pot of boiling water.



Various size canning jars with screw-on, snap-on, or bail wire lids

make excellent yogurt containers.

The Basic Recipe

1 quart whole milk

½ cup instant non-fat dried milk (Optional. It produces a thicker texture and increases the protein content by 2 grams/cup.)

1 rounded tablespoon plain yogurt *or* recommended quantity of powdered culture

1. Scald the milk. Attach your candy thermometer to the side of the saucepan, pour in the milk, and place over low heat. Scald the milk until bubbles form around the edge of the pan, and the thermometer registers 180°F. (This scalding process kills undesirable bacteria.)

2. Cool the milk. Remove the pan from the heat, stir in the dried milk, and cool to somewhere between 90 and 120°F. before adding the starter. If the temperature is too high the culture will be destroyed; yet if it is too low, the culture will not be activated.

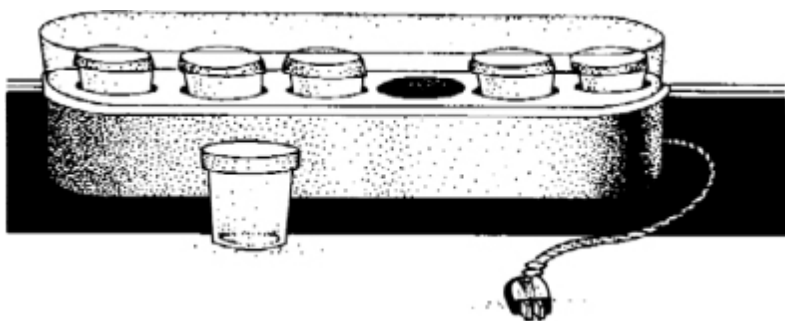
The cooling process can be hastened by pouring the mixture into a chilled bowl and refrigerating for several minutes. If I'm in a hurry, I just warm the milk to 110°F. but I find that the yogurt is not quite as sweet or as thick.

3. Add the starter. When the milk is cooled, add the yogurt culture. Do not use more than the recommended amount of starter. Too much interferes with the growth of the culture, making the yogurt sour and watery. Stir or whisk the mixture until smooth.

4. Incubate the yogurt. Pour the yogurt mixture into a large or several small, warm containers and cover. You are now ready to start the incubation process. This will take 2 to 5 hours at a more-or-less constant temperature — 110°F. is ideal. If the temperature remains around 110°F the yogurt will be sweeter than if incubated around 120°F.

If you are using a yogurt-maker you will have no problem maintaining a constant temperature. However, if you don't mind

coping with a little guesswork in the beginning, there are plenty of uncomplicated and reliable alternatives for incubators.



There are several brands of commercial yogurt makers on the market. Each contains an electric unit which keeps the special yogurt containers at an even temperature. Some come with automatic timers.

In the Oven. If you have a gas oven with a constant pilot, simply place the covered containers directly on the oven shelf. (My gas oven maintains a constant 105°F. and ferments the yogurt in 2 to 3 hours.) If you have an electric oven, preheat the oven to 150°F., turn off the heat, and leave the oven light on if possible to maintain the warmth.

In Warm Water. Put the covered containers in a pan of 110°F. water and cover. Then, place the pan over a pilot light on top of a gas stove; or place the pan by the side of a wood-burning stove (not too close); or cover the pan with a folded blanket (or 2 or 3 towels) and place it on a heating tray or heating pad set on low.

In a Thermos Flask. Pour the warm milk mixture into a prewarmed thermos flask.

In a Crockpot. Preheat a crockpot on low for about 15 minutes until it feels very warm to the fingertips. Put in the covered containers of yogurt mixture, cover the crockpot, and turn off the heat. At approximately 35-minute to 45-minute intervals, heat the crockpot on low for 10 to 15 minutes.

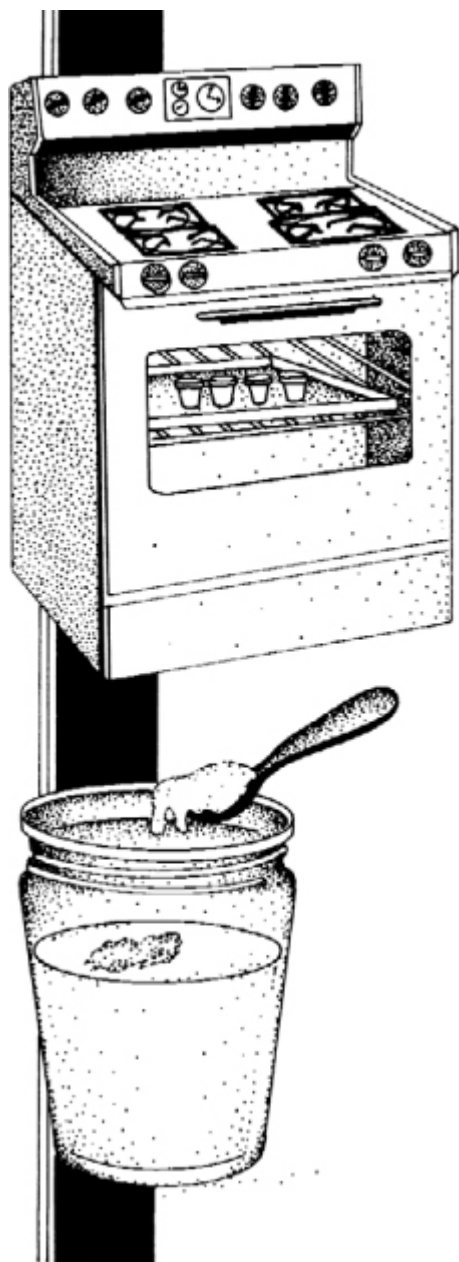
5. Test after 3 hours. Do not move or shake the containers during the incubation period or the yogurt will not coagulate

properly. After 3 hours, test for thickness by tilting the containers gently. If firm, remove and refrigerate for several hours to thicken further. If a tarter flavor is desired, leave the yogurt to incubate for another hour or so.



1. Scald the milk until bubbles form around the edge of the pan, and the thermometer registers 180°F.

2. *Stir in the dried milk and cool to 90–120°F.*
3. *Add the yogurt starter.*



4. Incubate the yogurt in a warm place for 2–5 hours. Try to maintain a temperature of 110°F.
5. Check the yogurt after 3 hours. It is ready for the refrigerator when it has a thick custardlike texture.

What Went Wrong?

Problem

Cause

~~Yogurt was indurken~~
Yogurt was indurken

Not enough starter was used

Incubating temperature was too hot or too cold

Milk was too hot or too cold when starter was added

Culture was stirred or moved while incubating

Utensils were not clean

~~Starter is too thin~~
Starter is too thin

~~Whey separates from yogurt~~
Whey separates from yogurt

Culture was stirred or moved while incubating

~~Yogurt incubated too long~~
Yogurt incubated too long

More Yogurt Recipes

You can make different flavored yogurts, with different textures, if you vary the basic recipe. Try these recipes, too.

THICK CREAMY YOGURT

In my house, we prefer a plain yogurt that is naturally sweet with a thick, creamy texture. It's very much like sour cream. This yogurt does not have to be drained when used in cooking, unless you are making yogurt cheese. (248 calories per cup)

1 13-ounce can evaporated milk (1 $\frac{2}{3}$ cups)

2 $\frac{1}{3}$ cups whole milk

$\frac{1}{3}$ cup non-fat dried milk

1 rounded tablespoon yogurt

Follow the procedures outlined for the Basic Recipe on pages 7–8.

RICH YOGURT

This is my favorite yogurt to use for baking and general cooking. The texture is similar to that made entirely with whole milk, but it has a richer flavor. (160 calories per cup)

1 13-ounce can evaporated milk (1 $\frac{2}{3}$ cups)

2 $\frac{1}{3}$ cups water

$\frac{1}{3}$ cup non-fat dried milk

1 rounded tablespoon yogurt

Follow the procedures outlined for the Basic Recipe on pages 7–8.

SKINNY YOGURT VARIATIONS

Here are 3 yogurt recipes for weight-watchers. Variation #3, made with reconstituted non-fat dried milk, costs only \$.53 per quart. The procedures are the same as for the Basic Recipe on pages 7–8.

Variation #1 (104 calories per cup)

4 cups skim milk

$\frac{1}{3}$ cup non-fat dried milk

1 rounded tablespoon yogurt

Variation #2 (124 calories per cup)

4 cups low-fat milk

$\frac{1}{3}$ cup non-fat dried milk

1 rounded tablespoon yogurt

Variation #3 (104 calories per cup)

1 $\frac{2}{3}$ cups non-fat dried milk

4 cups water

1 rounded tablespoon yogurt

FLAVORED YOGURT

Scald 1 quart of milk and stir in $\frac{1}{4}$ to $\frac{1}{3}$ cup of sugar, honey, maple syrup, chocolate syrup, malt, molasses, or artificial sweetener. If other flavors are desired, after dissolving the sugar or honey, stir in 1 tablespoon of extract such as vanilla, lemon, almond, peppermint, or instant coffee. Another time, try adding 1 teaspoon of ground spices, such as cinnamon, nutmeg, mace, ginger, or your own special combination. Add the instant non-fat dried milk, cool the mixture to 110°F., then stir in the culture. Pour into warm containers, cover, and incubate.

For jam, preserve, and peanut-butter flavors, put 1 tablespoon of the flavoring into the bottom of 1-cup containers and pour the warm milk-yogurt mixture over. Cover and incubate as usual.

If fresh, canned, or dried fruit is desired, it is best to make such additions to the yogurt *after* it has incubated. The acid content of some fruits can curdle the milk-yogurt mixture and prevent proper fermentation.

Whenever you are flavoring yogurt, always remember to leave 1 cup plain so that you will have fresh starter for the next batch.

Tips for Cooking With Yogurt

There are many ways to use yogurt. In Middle Eastern and Indian cooking, yogurt is more likely to be incorporated into meat and vegetable dishes than consumed as a snack or for dessert. Once you have a quart or 2 of homemade yogurt in the refrigerator, you'll find many ways to use it up. In fact, you will be surprised at how quickly it disappears. Here are a few ways I use yogurt.

In Baked Desserts, Breads, and Pancakes. In my house, yogurt automatically substitutes for some or all of the liquids in breads, cakes, scones, muffins, waffles, and pancakes. I want to have the added protein the yogurt contributes. Even more important, yogurt makes these foods light and moist.

If your yogurt is thick or solid, and you want to substitute yogurt for the liquid, use $1\frac{1}{4}$ cups of yogurt for each cup of liquid called for in the recipe. But if there is whey (a watery liquid) separated out on top of the yogurt, your yogurt is liquid enough. Just stir the yogurt well, and measure it cup for cup for the liquid in the original recipe. When using yogurt in baking, add $\frac{1}{2}$ teaspoon of baking soda per cup of yogurt to counteract the acid content.

In Marinades. I often add yogurt to many of my marinades. It is a great tenderizer, and it particularly enhances chicken, lamb, and pork.

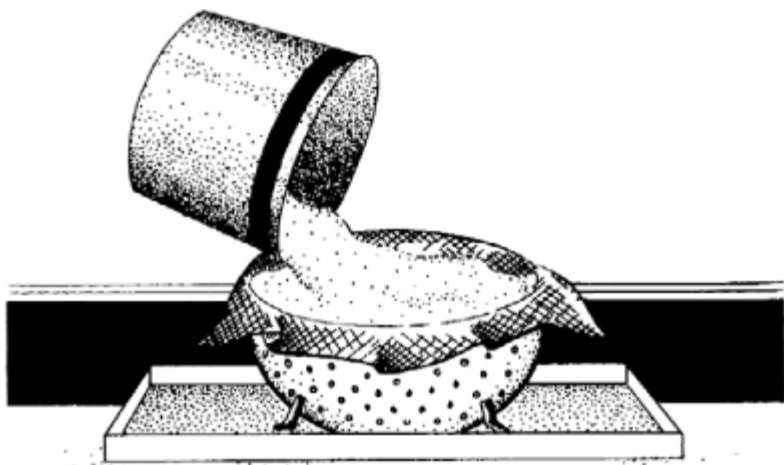
As a Low-Calorie Substitute in Sauces and Dressings. Yogurt can be substituted for mayonnaise, sour cream, and cream cheese when some of the whey is drained off.

Substitute For	
1 cup mayonnaise	1 cup yogurt
2 cups sour cream	2 cups yogurt
3 cups cream cheese	3 cups yogurt

Stabilizing Yogurt

Yogurt curdles when heated by itself or when added directly to hot foods and hot liquids that have not been thickened with flour or cornstarch. To avoid this separation of the curds and whey, stabilize the yogurt by mixing it with egg yolks, egg whites, cornstarch, or

flour. Yogurt that is drained to a thick “sour cream” consistency can be spooned on top of hot foods without stabilizing.



To drain yogurt, line a strainer or colander with 2 to 3 layers of cheesecloth, or a linen tea towel rinsed in cold water and wrung out. (I find that it is easier to scrape drained yogurt off linen tea towels than cheesecloth.) Place the lined strainer over a pan or bowl. Pour the yogurt into the strainer. Refrigerate while the yogurt is draining.

To stabilize yogurt, pour 1 to 2 cups of yogurt into a cold saucepan, and beat until a smooth liquid forms. In a separate bowl, mix 1 egg yolk, or 1 egg white, or 1 tablespoon of cornstarch, or 1 tablespoon of flour with 1 tablespoon of cold water or cold milk. Beat until smooth. Add to the yogurt. Slowly bring the mixture to a boil, stirring constantly. Reduce the heat to its lowest point, and simmer uncovered for 5 minutes, until it has thickened. Add to the hot cooked food and reheat briefly.



Some people allow their yogurt to drain off at room temperature. During the 8-hour period it takes to drain yogurt to a cream cheese consistency, the yogurt will usually develop a tarter flavor. If this is acceptable, the cheesecloth or linen towel can be gathered around the yogurt, tied with a string, and suspended from a hook above a bowl to catch the whey. You can use the whey in place of stock or water in soups, stews, rice, or baked dishes.

Another way to stabilize yogurt is to make a sauce. Melt 2 tablespoons of butter or margarine in a saucepan. Add 2 tablespoons of flour. Stir and cook for 1 minute. Add 1 to 2 cups of yogurt, and stir constantly until smooth. Remove the sauce from the heat when it starts to bubble around the edges. Season with salt, pepper, herbs, Parmesan cheese, or curry, as desired.

Breakfast With Yogurt

When hearty meals don't appeal, try the first 2 recipes for high protein breakfasts that slide down easily.

FRUIT SHAKE

2 cups plain *or* vanilla yogurt

1½ cups (12 ounces) peaches, apricots, or strawberries

¼ cup wheat germ

¼ cup honey

Place all the ingredients in a blender, cover the container, and process for 20 seconds, until smooth.

YIELD: 4 SERVINGS

TIME: 2 MINUTES

BANANA EGGNOG

1 cup plain *or* vanilla yogurt

1 banana, cut up

2 tablespoons honey

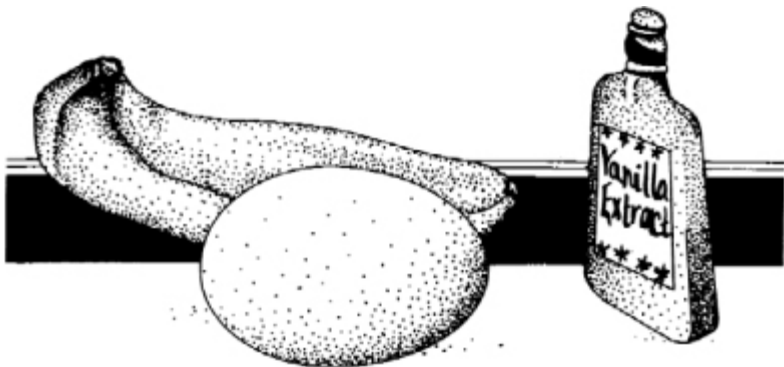
2 teaspoons vanilla extract

1 egg

Place all the ingredients in a blender and process for 20 seconds, or until smooth.

YIELD: 2 SERVINGS

TIME: 2 MINUTES



PANCAKES

- 2 cups plain yogurt**
- 3 large eggs**
- $\frac{1}{4}$ cup vegetable oil or melted shortening**
- 2 tablespoons vanilla extract**
- $\frac{1}{4}$ cup honey or sugar**
- $1\frac{1}{2}$ tablespoons baking powder**
- $\frac{3}{4}$ teaspoon baking soda**
- 2 cups unbleached flour**
- 1 cup chopped fruit or corn kernels (optional)**

Place all the ingredients in a large bowl or blender, and beat or blend until smooth. (For a lighter pancake, allow the mixture to rest for 30 to 60 minutes at this point.)

Grease a skillet or griddle and place over medium-high heat. Using a serving spoon or pouring directly from the blender, drop the mixture onto the hot griddle a few tablespoons at a time. Turn the pancakes when bubbles appear on top, cooking approximately 1 minute per side. This recipe can be used for waffles.

YIELD: 4 GENEROUS SERVINGS

TIME: 30 MINUTES

MUFFINS

I mix these up the night before, and the cold batter goes into a

preheated oven just before breakfast time. This batter will keep several days under refrigeration.

2 eggs

⅓ cup vegetable oil

½ cup honey or maple syrup

1½ cups plain yogurt

1 cup whole wheat flour

1½ cups unbleached flour

2 teaspoons baking powder

1 teaspoon baking soda

½ cup chopped nuts or 1 cup blueberries

Preheat the oven to 400°F. Grease the muffin trays. In a small bowl, beat together the eggs, vegetable oil, and honey. Stir in the yogurt. In a large bowl, stir together the flours, baking powder, and baking soda. Make a well in the center of the flour, and add the liquids. Stir together until the dry ingredients are moist (a lumpy mixture makes tender muffins). Gently stir in the chopped nuts or berries. (If you plan to refrigerate the mixture overnight, add the berries just before baking.) Fill each muffin cup approximately $\frac{2}{3}$ full.

Bake 20 to 25 minutes or until a skewer, inserted in the center, comes out clean. Remove from the muffin tray immediately and cool on a wire rack, or serve hot.

YIELD: 18 MUFFINS

TIME: 30 TO 35 MINUTES

FRUIT SCONES

Every time I bite into scone bread, I step right back into my English childhood. My mother used to bake this each morning so that there would be a nice fresh piece for our school lunch boxes.

1½ cups unbleached flour

¾ teaspoon baking soda

½ teaspoon baking powder

¾ cup whole wheat flour

¼ cup sugar

6 tablespoons butter or margarine

1 large egg

$\frac{3}{4}$ cup plain yogurt

$\frac{1}{2}$ cup raisins or chopped dates

Preheat the oven to 425°F. Sift the unbleached flour, baking soda, and baking powder into a large bowl. Add the whole wheat flour and sugar. Mix together. Cut the butter into several pieces and rub into the flours with your fingertips until the texture resembles peas.

In a small bowl, beat the egg, stir in the yogurt and raisins. Pour into the flour mixture and, using a fork, stir until a soft dough is formed.

Lightly flour a baking tray. Scoop the dough onto the tray and pat into a round approximately $\frac{3}{4}$ inch thick. Bake for 20 minutes or until a skewer, inserted in the center, comes out clean.

Serve warm with butter and jam. This also makes a delicious dinner bread — substitute 1 tablespoon of dried herbs for the raisins.

YIELD: 6 TO 8 SERVINGS

TIME: 30 TO 35 MINUTES

Salads and Appetizers

Drained yogurt can be substituted in any of your favorite recipes that call for sour cream. Or try some of my favorite recipes for salads and appetizers.

SALMON SPREAD

3 ounces cream cheese

2 cups plain yogurt, drained 30 minutes to yield 1 cup

1 teaspoon cider vinegar

14 ounces salmon (or tuna)

4 scallions including the green part, sliced thinly

½ teaspoon ground black pepper

1 teaspoon dried dill, crumbled

2 cloves garlic, crushed

Place the cream cheese in a bowl and mash until soft. Add ¼ cup of the yogurt and the vinegar. Beat until the consistency is smooth. Stir in the rest of the yogurt.

Drain the salmon, turn into another bowl, and flake with a fork. Add the scallions, pepper, dill, and garlic, and mash together. Blend thoroughly into the yogurt mixture. Chill. Serve on toast, in scooped out tomatoes, or over lettuce.

YIELD: 4 SERVINGS

TIME: 45 MINUTES

Yogurt Herb Cheese

Drain 3 cups of very fresh yogurt for 6 to 8 hours, or overnight, in the refrigerator. Scrape into a bowl, and add 2 cloves of crushed garlic, ½ teaspoon of crushed pepper (about 20 turns on the pepper mill), 1 teaspoon each of crushed dried herbs — thyme, basil, and oregano — and a ¼ cup of chopped chives or parsley. If this seems a little too tart for your taste, whip ½ cup of heavy cream to a thick,

but not fluffy, consistency, and beat into the yogurt cheese. Refrigerate so that flavors can blend.

DEVEILED EGGS

12 hard-boiled eggs, peeled

2 teaspoons mild curry

2 cloves garlic, crushed

¼ cup chopped watercress or parsley

1 cup plain yogurt, drained 30 minutes to yield ½ cup

Cut the boiled eggs in half, scoop out the yolks into a bowl. Mash the yolks with the curry and garlic. Add the chopped watercress and drained yogurt. Blend together. Spoon into the egg white halves and chill. Serve on lettuce.

YIELD: 6 SERVINGS

TIME: 10 MINUTES, PLUS CHILLING TIME

CUCUMBER SALAD

1 cup plain yogurt

1 clove garlic, crushed

½ cup sliced scallions

¼ teaspoon ground black pepper

1 teaspoon finely minced ginger root or ½ teaspoon ground ginger

2 cucumbers, peeled and sliced thinly

Mix the yogurt, garlic, scallions, and seasonings together. Toss with the sliced cucumbers. Refrigerate for 1 hour before serving.

YIELD: 4 SERVINGS

TIME: 10 MINUTES, PLUS 1 HOUR CHILLING TIME



COLESLAW

- 1 cup plain yogurt**
- 1 tablespoon cider vinegar**
- 2 tablespoons vegetable oil**
- $\frac{1}{2}$ teaspoon turmeric**
- $\frac{1}{4}$ teaspoon ground black pepper**
- 1 teaspoon celery seeds**
- 2 cloves garlic, crushed**
- 2 cups finely shredded cabbage**
- 1 cup grated carrot**

Mix together the yogurt, vinegar, vegetable oil, seasonings, and garlic. Refrigerate. Toss with the shredded cabbage and grated carrot just before serving.

YIELD: 4 SERVINGS

TIME: 15 MINUTES

Salad Dressings and Sauces

For all of these recipes, drain the yogurt first if you want a thicker dip consistency.

BLUE CHEESE DRESSING

This sauce is great as a dip for raw vegetables or as a topping for baked potatoes.

- ¼ cup mayonnaise**
- ¼ cup blue cheese, mashed**
- 2 cloves garlic, crushed**
- 1 cup plain yogurt**
- 2 tablespoons chopped parsley**
- ½ teaspoon ground black pepper**

Mash the mayonnaise, blue cheese, and garlic together in a bowl. Stir in the yogurt. Blend in the parsley and pepper.

YIELD: 1¾ CUPS

TIME: 10 MINUTES

HOT GRAVY FOR ROASTS

- 1 cup yogurt**
- ½ cup vegetable or meat broth**
- 2 tablespoons unbleached flour**
- salt, pepper, herbs to taste**

Combine the yogurt, broth, and flour. Refrigerate until needed.

Remove excess fat from the roasting pan. Stir the yogurt mixture into the remaining pan juices. Cook over medium heat, stirring constantly, until the gravy is thick and smooth. Thin with more broth or water, if desired. Season with salt, pepper, and herbs to taste.

YIELD: APPROXIMATELY 2 CUPS

TIME: 10 TO 15 MINUTES

6 More Ways to Enjoy Yogurt

Thick, creamy yogurt (recipe on page 11) or yogurt drained for 10 to 15 minutes is a wonderful topping for many dishes.

- Put a dollop of yogurt on pancakes and waffles. Then drizzle on honey or maple syrup, and sprinkle with chopped nuts.
- Flavor a cup of thick yogurt with lemon or vanilla extract. Spread 4 slices of French toast with jam or honey. Arrange a sliced banana and a pint of strawberries on top. Finish with a generous dollop of yogurt.
- For every 4 eggs you make into an omelet or scramble, add $\frac{1}{2}$ cup of yogurt and cook as usual.
- Try yogurt on baked potatoes. Chop 2 tablespoons of fresh herbs (especially parsley, basil, or chives) and mix with a cup of thick yogurt. This is also good on fish, but I like to add 1 clove of crushed garlic, and sometimes flavor it with tarragon.
- The next time you make a gelatin dessert, add a 12-ounce package of frozen fruit for each 3-ounce package of flavored gelatin and a cup of boiling water, and mix well. Then stir 2 cups of plain or vanilla yogurt into the cooled gelatin. Refrigerate for 1 to 2 hours or place in the freezer for $\frac{1}{2}$ hour.
- Spoon yogurt right out of the jar onto juicy sliced peaches and garden-fresh strawberries. Fold it into granola and sliced bananas. Delicious!

FRESH HERB SAUCE

I like this sauce with chicken and with raw vegetables.

1 cup plain yogurt

$\frac{1}{2}$ cup fresh herbs (basil, tarragon, or lemon thyme)

**$\frac{1}{4}$ cup chopped shallots or the white part of leeks,
chopped**

1 small clove of garlic, crushed

½ teaspoon ground pepper

Place all the ingredients in a bowl and blend together well.

YIELD: 1¾ CUPS

TIME: 10 MINUTES

SWEET AND SOUR SAUCE

This is delicious on cold meats or deep-fried fish.

1 cup plain yogurt

¼ cup chopped sweet pickles

2 teaspoons sweet pickle juice

1 clove garlic, crushed

Place all the ingredients in a small bowl and mix together.

YIELD: 1¼ CUPS

TIME: 5 MINUTES

HOT SAUCE

Try this on clams on the half-shell.

1 cup plain yogurt

¼ cup chili ketchup

2 dashes of Tabasco or Worcestershire sauce

2 tablespoons grated horseradish

Place all the ingredients in a small bowl. Mix together thoroughly.

YIELD: 1⅓ CUPS

TIME: 5 MINUTES

Main Dishes

Several different ethnic traditions are represented in these recipes.
Enjoy!

GOULASH

- 2 pounds boned beef round or veal shoulder**
- ¼ cup unbleached flour**
- 4 tablespoons vegetable oil**
- 1 large onion, chopped**
- 2 carrots, sliced thinly**
- 2 cloves garlic, crushed**
- 8 ounces mushrooms, sliced**
- 1 cup whole tomatoes, cut up**
- ½ cup wine (red for beef, white for veal) or dry vermouth**
- 1½ cups stock or water**
- ½ teaspoon pepper**
- 1 bay leaf**
- 1 tablespoon paprika**
- 2 cups plain yogurt, drained approximately 30 minutes to a sour cream consistency to yield 1 cup**
- ¼ cup chopped parsley**

Roll the cubed meat in the flour. Heat 2 tablespoons of the oil in a 4-quart Dutch oven and brown the meat on all sides for about 5 minutes. Remove to a plate.

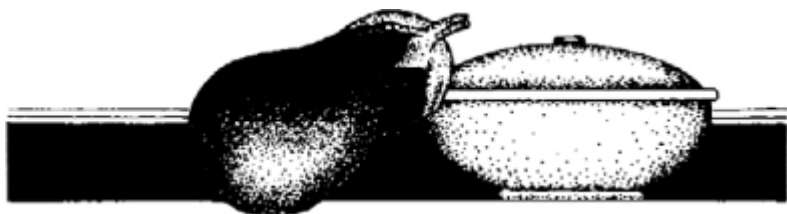
Heat the remaining oil; add the onion, carrots, garlic, and mushrooms to the pan. Cook over low heat for 5 to 10 minutes, stirring frequently. Return the browned meat to the pan. Add the tomatoes, wine, stock, pepper, bay leaf, and paprika. Stir to mix. Cover the pot and cook over medium heat until the liquid starts to bubble. Reduce the heat to low, and simmer for 1½ hours or until the meat is tender.

Put the yogurt in a bowl, sprinkle with chopped parsley, and

serve separately. Goulash is delicious served over rice or noodles.

YIELD: 4 TO 6 SERVINGS

TIME: 2 HOURS



MOUSSAKA

Meat Layers:

- 2 eggplants (about 1 pound each), peeled and sliced lengthwise, $\frac{1}{4}$ -inch thick**
- 2 tablespoons vegetable oil**
- 2 tablespoons olive oil**
- 1 large onion, chopped**
- 4 cloves garlic, crushed**
- 1½ pounds ground lamb or ground beef**
- 2 teaspoons oregano**
- ½ teaspoon cinnamon**
- ½ teaspoon mace**
- ½ teaspoon nutmeg**

Custard Topping:

- 1½ cups plain yogurt**
- 3 eggs, beaten**
- 2 tablespoons flour**
- ¼ cup grated Parmesan cheese**
- ½ teaspoon nutmeg**
- ¼ teaspoon cinnamon**
- ¼ teaspoon ground pepper**

Lightly salt each side of the eggplant slices and allow to drain in a colander for 1 hour.

Combine the oils and heat 2 tablespoons in a skillet. Add the onion and garlic. Cook for 5 minutes. Add the ground meat, oregano, ½ teaspoon each of cinnamon, mace, and nutmeg. Brown the mixture for 5 to 10 minutes. Drain off the excess fat.

Wipe the eggplant slices with paper towels. Arrange the eggplant on an ovenproof tray, and sprinkle with the remaining 2 tablespoons of oil. Broil on the highest position for approximately 2 minutes each side.

Preheat the oven to 350°F.

Place a layer of broiled eggplant slices in an 8-inch by 8-inch baking dish. Cover with a layer of ground meat. Continue to alternate the eggplant with the ground meat mixture, ending with an eggplant layer. Bake for 20 minutes.

To make the custard topping, combine the yogurt, eggs, flour, Parmesan, ½ teaspoon nutmeg, and ¼ teaspoon each of cinnamon and ground pepper.

Remove the eggplant and meat dish from the oven when the 20 minutes are up. Cover with the yogurt mixture. Continue baking for 25 to 30 minutes, until the custard is set and golden.

YIELD: 4 TO 6 SERVINGS

TIME: 2¼ HOURS, PLUS 1 HOUR TO DRAIN EGGPLANT

CHICKEN TANDOORI

This is also good as a barbecue.

- 1½ cups plain yogurt**
- 4 cloves garlic, crushed**
- 1 small onion, chopped finely**
- 2 tablespoons lemon juice**
- 2 tablespoons vegetable oil**
- 1 teaspoon ginger**
- 1 teaspoon turmeric**
- 1 teaspoon cumin**
- 2 teaspoons ground coriander**

¼ teaspoon ground pepper

4-lb. frying chicken, cut up and skinned

Combine the yogurt, garlic, chopped onion, lemon juice, oil, ginger, turmeric, cumin, ground coriander, and pepper in a large baking dish. Cut several deep slits in the chicken pieces and place in the dish with the yogurt mixture. Turn to coat each piece thoroughly, cover, and refrigerate for 24 hours, or as time permits. Turn the pieces of chicken occasionally.

Preheat the oven to 350°F. Bake the chicken pieces for 1¼ hours, or until tender, basting several times.

YIELD: 4 SERVINGS

TIME: 2 HOURS, PLUS 2 TO 24 HOURS MARINATING TIME



SESAME KABABS

2 pounds boneless lamb *or* pork, cut in 1-inch cubes

½ pound button mushrooms

1 pound cherry tomatoes

2 medium zucchini, sliced in 1/4-inch rounds

1 cup plain yogurt

2–4 tablespoons soy sauce

¼ cup tahini (sesame seed paste)

2 cloves garlic, crushed

2 teaspoons fresh grated ginger root *or* 1 teaspoon ground ginger

Thread the meat and vegetables on 8 skewers. Place the skewers in a long roasting dish.

In a bowl, combine the yogurt, soy sauce, tahini, garlic, and ginger, and blend until the mixture is creamy. Pour over the skewers. Cover and refrigerate 4 to 6 hours, turning the skewers occasionally so that all sides sit in the marinade.

To barbeque, allow the coals to burn 30 to 40 minutes before bringing the meat out. The coals should be grey, not red. Arrange the grill so that it is approximately 4 inches from the coals. Place the skewers on the grill. Give a quarter turn every 3 to 4 minutes, brushing with the yogurt mixture each time.

YIELD: 4 TO 6 SERVINGS

TIME: 50 MINUTES, PLUS MARINATING TIME

Soups

You can use yogurt as a low-calorie substitute for heavy cream in any chilled soup. Or use it as a thickener in a hot soup. Here are just a couple of my favorite recipes.

ZUCCHINI-SCALLION SOUP

- 2 tablespoons butter *or* margarine**
- 12 large scallions including the green part, sliced finely**
- 2 cloves garlic, crushed**
- 2 medium zucchini, peeled and grated**
- ½ teaspoon ground pepper**
- 1½ teaspoons dried basil, crumbled**
- ¼ cup flour**
- 1 cup stock *or* water**
- ½ cup milk**
- 1 cup plain yogurt**

Heat the butter in a skillet, and cook the sliced scallions and garlic over low heat for 3 minutes. Add the zucchini, and cook for 10 minutes more. Stir in the pepper, basil, and flour. Cook for 2 minutes. Add the stock, raise the heat to medium, and cook, stirring constantly, until the mixture thickens — about 3 minutes. Lower the heat, add the milk, and cook for 5 minutes more. When the soup is hot, blend in the yogurt and pour into warm soup bowls.

YIELD: 4 SERVINGS

TIME: 30 MINUTES



TOMATO-CUCUMBER SOUP

- 1 pound fresh ripe tomatoes**
- 1 cucumber, peeled, seeded, and cut in 1-inch pieces**
- 2 sticks of tender celery heart, cut in 1-inch pieces**
- 1 large carrot, pared and cut in ½-inch pieces**
- 2 cloves garlic**
- 1 cup tomato juice *or* broth**
- ½ teaspoon ground pepper**
- 1 cup plain yogurt**
- ¼ cup chopped parsley**

Place all the ingredients, except the yogurt and parsley, in a blender or food processor. Process until smooth. Stir in the yogurt. Refrigerate until chilled. Garnish with the chopped parsley.

YIELD: 4 TO 6 SERVINGS

TIME: 20 MINUTES, PLUS CHILLING TIME

Desserts

No matter how hard we try to keep our children away from sweet desserts, there comes a time when we must compromise. I'm happy to say that one of my 4-year-old daughter's favorite desserts is plain yogurt — but heavy on the honey and wheat germ, please! Here are some of her other favorites.

YOGURT BERRY PIE

Crust:

1 cup unbleached flour

8 tablespoons butter *or* margarine (1 stick)

2–3 tablespoons cold water

Filling:

2 cups of berries (strawberries, raspberries, or blueberries)

½ cup sugar *or* 1/3 cup honey

2½ tablespoons cornstarch

**2 cups plain yogurt, drained 30 minutes or more to yield
1 cup**

To make the pie shell, pour the flour into a large bowl or food processor. Cut the butter into thin slices, and drop into the bowl. Using a pastry blender, 2 knives, or the processor, work the mixture until it has the texture of large crumbs. Pour in the cold water, and mix until the pastry forms a ball. Remove from the bowl, place on a piece of wax paper, and flatten the dough into a 6-inch circle. Cover and refrigerate for 15 to 30 minutes.

Substituting Yogurt for Cream Cheese in Cheesecake

If a cheesecake recipe calls for 3 8-ounce packages of cream cheese, I drain 9 to 10 cups of yogurt for 6 to 8 hours to get 3 packed cups. Since most cheesecake recipes include flour and/or eggs, there will be no need to stabilize the yogurt — it will act just like cream cheese — for fewer

calories.

Meanwhile, make the filing by placing the berries in a saucepan over low heat. Mix the sugar and cornstarch together, and stir into the berries. Cook over medium heat, stirring frequently, until the mixture thickens — about 10 minutes. Remove from the heat and cool.

Now, preheat the oven to 425°F. Roll out the pastry on a floured board until it is approximately $\frac{1}{8}$ inch thick. Fit the crust into a greased 9-inch pie tin, and trim the edge to about $\frac{1}{2}$ inch above the rim. Roll the overlapping pastry toward the outside. Flute the edges. Line the pastry with waxed paper and cover with a handful of dried beans. Prick the sides to let air escape. Bake 20 minutes and cool.

Stir the drained yogurt into the cooled berry mixture, and return to the refrigerator.

When both the berry filling and pie shell are cool, pour the chilled mixture into the chilled pie shell and refrigerate no more than 2 hours (otherwise the crust will become soggy).

Top with sweetened yogurt, whipped cream, or ice cream, if desired.

YIELD: 6 TO 8 SERVINGS

TIME: 1 HOUR

FROZEN YOGURT

If you come to dinner during the summer months, you will invariably be offered frozen yogurt for dessert. To cater to my daughter's sweet tooth, I make yogurt popsicles and yogurt cones.

2 cups yogurt, plain or flavored

$\frac{1}{4}$ cup honey

$\frac{1}{2}$ cup evaporated milk or heavy cream

1 egg, beaten (optional)

**flavoring: $\frac{1}{2}$ cup drained fruit, chopped or pureed; or 1
tablespoon vanilla extract; or 2 tablespoons**

lemon or lime juice; or 4 tablespoons orange concentrate; or ½ cup chopped nuts (replace the honey with maple syrup): or 3 tablespoons chocolate sauce and 1 tablespoon instant coffee, dissolved in 1 teaspoon hot water, for mocha

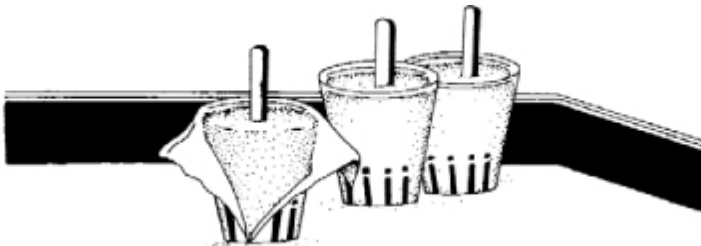
For the thickest consistency, drain the yogurt for 30 minutes before blending it with the other ingredients, and be sure to include an egg in the mixture.

Combine all the ingredients (except nuts) in a blender or food processor, or use rotary beaters, and beat only until the mixture is smooth. Stir in the nuts. Pour the mixture into an ice cream machine, and freeze according to the manufacturer's instructions.

If you do not have an ice cream maker, pour the yogurt mixture into a dish, cover, and freeze for 30 minutes. Remove the mixture from the freezer and beat until smooth. Return to the freezer for 1 hour, or until the yogurt is the desired firmness.

YIELD: 3 SERVINGS

TIME: ABOUT 2 HOURS



To make yogurt popsicles, spoon soft-frozen yogurt, as soon as it comes out of the machine, into small paper cups. Then, insert a popsicle stick into each cup. Freeze the yogurt for 3 to 4 hours. Peel off the paper cups before serving.

CHOCOLATE/CAROB CAKE

½ cup (1 stick) sweet butter

1 cup brown sugar or ¾ cup honey

¼ cup (unsweetened) cocoa or carob powder

2 large eggs, beaten
1 tablespoon vanilla extract
½ cup plain yogurt
1 cup unbleached flour
1 teaspoon baking powder
½ teaspoon baking soda

Preheat the oven to 350°F. Grease a loaf pan and dust with flour, or line with wax paper and grease again.

Melt the butter in a large saucepan. Remove from heat, and stir in the sugar and cocoa or carob. Beat in the eggs, vanilla, and yogurt. Sift in the flour, baking powder, and baking soda. Beat for approximately 1 minute, until thoroughly blended. Turn into the prepared pan and bake for 45 minutes, or until a skewer inserted into the center comes out clean.

Allow the cake to rest in the pan for 5 to 10 minutes before turning out onto a wire rack. Peel off the waxed paper gently. This is delicious to eat warm.

This recipe also makes great cupcakes. Grease 12 2½-inch muffin cups and bake 15 to 20 minutes. Turn the muffins out onto a wire rack immediately.

YIELD: 6–8 SERVINGS

**TIME: 1 HOUR FOR LARGE CAKE,
30–35 MINUTES FOR CUP CAKES**

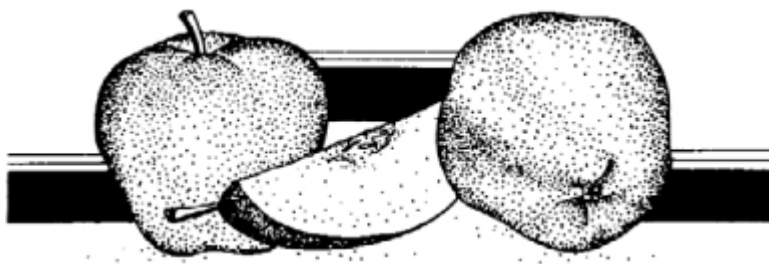
Yogurt Frostings

Any yogurt, plain or flavored, when drained for 30 to 60 minutes, will make delicious frostings and fillings for cakes.

First drain 2 cups of yogurt to yield 1 cup. Then flavor with

- 2 tablespoons honey *or* brown sugar and 2 tablespoons carob powder *or*
- 2–3 tablespoons lemon, strawberry, raspberry, or apricot preserves *or*

- 3 ounces of melted semi-sweet chocolate.



APPLE COBBLER

Filling:

- $\frac{1}{2}$ cup brown sugar *or* $\frac{1}{3}$ cup honey
- 2 tablespoons flour
- 1 teaspoon cinnamon
- 1 teaspoon grated orange *or* lemon peel
- 6 apples, sliced and peeled
- 2 tablespoons butter *or* margarine

Topping:

- $1\frac{1}{2}$ cups unbleached flour
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{4}$ cup brown sugar *or* 3 tablespoons honey
- $\frac{1}{4}$ cup butter *or* margarine
- 1 cup plain, vanilla, or lemon yogurt

Preheat the oven to 400°F.

Mix the sugar, flour, cinnamon, and grated peel together. Grease a 2-quart dish and layer half of the apples. Sprinkle with half of the sugar mixture, add the rest of the apples and cover with the remaining sugar mixture. Dot with the butter, cover, and bake for 20 minutes.

While the apples bake, combine the flour, baking powder, baking soda, and sugar. Rub in the shortening until the mixture resembles

coarse crumbs. Stir in the yogurt. Drop by the tablespoon on top of the hot fruit. Bake at 400°F for 30 minutes.

YIELD: 6 SERVINGS

TIME: 1 HOUR

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